Neck Surgery From the Back: Laminectomy, Laminoplasty and Foraminotomy

One-page summary of the full Spinemathema guide. Scan the QR code for the full guide, with references and audio.

Key points

- These operations make room for the spinal cord or a nerve root by removing or reshaping bone at the back of the spinal canal.
- Laminectomy removes the bony roof, often with screws and rods (fusion). Laminoplasty hinges it open and keeps movement. Foraminotomy frees a single trapped nerve.
- In myelopathy the main aim is to stop further damage; any improvement in hands and walking is usually gradual.
- Most people stay in hospital for 1 to 2 days.

Contact your team or seek urgent help if you notice:

- New or rapidly worsening weakness or numbness in your arms or legs, difficulty walking, loss of bladder or bowel control, or a new problem with your eyesight: go to A&E or call 999.
- A painful, swollen calf, or sudden chest pain or breathlessness: call 999.
- Clear fluid leaking from the wound with headaches, redness or leakage at the wound, or a high temperature: contact your hospital team or GP, or call NHS 111.

Not sure how urgent it is? Call NHS 111. More warning signs: spinemathema.com/warning-signs

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General information only, not personal medical advice.
If you are worried about your symptoms, contact your GP, NHS 111, or in an emergency call 999.

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